



Veggie Times

Week 8 EverGood Farm CSA Share

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Full Shares: leek, chard, zucchini, cucumber, cilantro, new potatoes, cabbage, tomato, eggplant, arugula, beans, kohlrabi

Half Shares: zucchini, cucumber, green pepper, onion OR leek, new potatoes, cabbage, head lettuce, parsley, celery



On the farm: Greetings! Wow, the bounty is sure in now. The only crop that is slow to start are tomatoes (surprise). We have a ton of huge plants, and finally a lot of blossoms, so we are hoping half shares, that tomatoes will be in your boxes in two

weeks. We are growing all of our tomatoes in mini greenhouses this year, which is proving to give us some beautiful tomato plants. We may have to pick different varieties next year which are better suited for the tunnels, but we think once we get that figured out we will have a ton of tomatoes! Thanks for being patient. This weekend, we processed the 25 meat chickens we have been raising all summer. It was a

very rewarding experience to have grown our own meat. We have one more batch of chickens to process and we may be selling some of those this fall so stay tuned!



Focus on Kohlrabi You have been getting a lot of kohlrabi this

year. It's doing surprisingly well, and we are even selling record amounts at market this year. Kohlrabi is sometimes described as having a radish/apple/turnip flavor. It is crisp, juicy, and somewhat sweet. The main bulb is peeled and eaten raw, or cooked. Kohlrabi is a good source of dietary fiber. It has a surprising amount of vitamin C coming in at 140% of the daily value. Week 4 newsletter had some kohlrabi quick tips for those of you needing inspiration!

Recipes

Petite Asian-Inspired Kohlrabi Salad

1 kohlrabi, peeled
juice from 1/2 lemon
1 Tbsp sesame oil
1 tsp white wine vinegar
1/2 tsp crushed red pepper
2 Tbsp chopped fresh cilantro
Salt and Ground pepper to taste
1 Tbsp slivered almonds, toasted or raw
Cut the kohlrabi in half lengthwise and slice into half-moons. In a small bowl, combine the kohlrabi, lemon juice, sesame oil, white wine vinegar, crushed



Meet our Volunteer: Elliot

My name is Elliot King, I am 8 years old and have recently started working with Brendan and Jenny on the farm. I have always been fascinated with growing things and am always the first to volunteer to help my mom plant seeds in the spring and harvest in the fall. I came to the farm a few weeks ago when Brendan and Jenny were giving a farm tour and I LOVED it! So many beautiful veggies everywhere! They kindly offered to have me come and help for a few hours a week. I am learning a lot working with them and love bringing home great food and beautiful flowers. When I am not digging in the dirt my favorite activities are Lego engineering, woods stomping, skiing, skating, and playing with my brother, Aaron and our 2 dogs Peanut and Butter.

Recipes Continued:

red pepper, cilantro, salt, and pepper. Toss to fully coat the kohlrabi. To serve, arrange 5-7 slices on each plate and top with slivered almonds.

Summer Vegetable Fritters

“Farm Fresh and Fast”

1/2 cup flour

Pinch each of fresh thyme, ground pepper, paprika, and ground allspice

2-3 medium zucchini or yellow squash, or 1 eggplant or a combination.

2 large eggs, beaten

2 1/2 cups panko bread crumbs

oil for frying (canola, vegetable, avocado, ghee, coconut oil

salt to taste

Mix the flour with the herbs and spices. Toss the vegetables in the flour mixture. Remove the vegetables, shake off the excess flour, and dip into the egg. Drain off the excess egg and coat completely in the panko. If necessary, dip the vegetables again in the flour, egg, and panko until thoroughly coated.

To fry: Pour the oil into a large skillet to cover the bottom 1/4 inch deep and heat on medium high heat.

The oil should be hot enough to slowly brown the breaded vegetables, but not so hot it begins smoking.

Fry in small batches until golden brown. Have a tray lined with paper towels ready to hold the vegetables after cooking.

TO BAKE: Preheat oven to 400F. Arrange the coated vegetables in a single layer on a baking sheet and bake until the vegetables are softened and the crumbs are brown, about 25 minutes, turning over halfway through the cooking time.

After cooking, season immediately with salt-serve with salsa or your favorite dip.

Roasted Cabbage Wedges

<http://www.marthastewart.com/315062/roasted-cabbage-wedges>

1 Tbsp plus 2 more Tbsp extra-virgin olive oil

1 medium head green cabbage, cut into 1-inch thick rounds

Coarse salt and ground pepper

1 tsp caraway or fennel seeds

Preheat oven to 400F. Brush a rimmed baking sheet with 1 Tbsp olive oil. Place the 1” thick cabbage rounds in a single layer on sheet and brush with 2 Tbsp oil. Season with salt and pepper and sprinkle with fennel or caraway seeds. Roast until cabbage is tender and edges are golden 45-50 minutes.

*for a spin on roasted cabbage check out roasted cabbage with bacon over at the kitchn.

<http://www.thekitchn.com/recipe-roasted-cabbage-with-bacon-recipes-from-the-kitchn-105338>

Simple Cucumber Tomato Basil Salad

I’m not sure why I just discovered this salad this year, but we are loving it. Thanks to Allison’s mom to bringing it into my kitchen!

1-2 green cucumbers-halved lengthwise, seeds removed, and cut into rounds (you can chop up further from here if you desire).

1-2 tomatoes cut into chunks (I try to remove most the seeds and juice)

1 recipe balsamic dressing or store bought one.

Salt and pepper to taste.

Toss the tomatoes and cucumbers with enough dressing to just coat. Add salt and pepper to taste.

Toss and either eat right away or refrigerate. It is best eaten within 24 hours. This is also great on lettuce!

Simple Balsamic Dressing

<http://www.thekitchn.com/essential-recipe-balsamic-vinaigrette-139113>

Celery Ideas

Our celery patch has also done great, but this will probably be the last week for it. Here are some ideas if you are getting sick of it!

-Chop it into pieces, put into quart size bags, and freeze-spreading the celery flat so it freezes flat and you can remove what you need. It’ll be great in soup!

-chop into pieces and dehydrate

-Relive your childhood and make ants on a log!

Enjoy! From all of us at EverGood Farm.

Next Week’s Best Guess

Full:kale, zucchini, cucumber, head lettuce, parsley, pepper, garlic and more

Half: Zucchini, cucumber, scallions, kale, chard, beans, lettuce, and more

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